

Martinus Evans/SAFRC Press Coverage

[Good Morning America/ABC News](#) - Jun 6, 2023

[New York Times](#) - Jun 2, 2023

[New York Times](#)

[The Business Times](#) - Jun 4, 2023

[The Guardian](#) - Jul 24, 2023

[New York Post](#) - Jun 7, 2023

[New York Post](#)

[Runner's World](#) - Jun 28, 2023 and [again](#) on Dec 1, 2023

[Wall Street Journal](#) - Jun 10, 2023

[CMU: Presidential Perspectives](#) - Jun 26, 2023

[BBC](#) - Jun 14, 2023

[PRH House Audio](#) - Jun 13, 2023

[NPR](#) - Jun 22, 2023

[WNYC](#) - Jun 16, 2023

[CBC](#) - Jun 15, 2023

[Shondaland](#) - Jun 12, 2023

[Greeley Tribune](#) - Aug 11, 2023

[Outlier Media](#) - Oct 12, 2023

[Washington Post](#) - Oct 25, 2023

[Women's Running](#) - Oct 23, 2023

[A Healthier Michigan](#) - Oct 31, 2023

[LinkedIn Catalyst Series](#) - Nov 1, 2023

[Tamron Hall](#) - Dec 1, 2023

[Outside Magazine](#) - Dec 5, 2023

[Runner's World Netherlands](#) - October, 2023

[Well+Good](#)

[Business Insider](#) - Dec 9, 2023

[USA Today](#) - Dec 14, 2023

[Outside Mag](#) - Feb 21, 2024

[BNN](#) - Feb 29, 2024

[Popsugar](#) - Feb 29, 2024

[Prospect Mag](#) - Mar 5, 2024

[WBUR](#) - April 11, 2024

[Outlier Media](#) - Oct 12, 2023

[Wait Wait... Don't Tell Me](#) - Sept 9, 2023

[Detroit Free Press](#) - Sept 22, 2023

[KJZZ](#) - Aug 4, 2023
[ABC News](#) - June 6, 2023
[Lansing City Pulse](#) - Sept 21, 2023
[Black Enterprise](#) - July 20, 2023
[Good Morning America](#) - Jun 6,2023
[Yahoo News](#) - Jun 28, 2023
[Huff Post](#) - Apr 26, 2019
[Inside Hook](#)
[Body and Soul](#)
[CNN](#) - Apr 22, 2024

Alphabetical order

1. [A Healthier Michigan](#) - Oct 31, 2023
2. [ABC News](#) - June 6, 2023
3. [Asics Runkeeper](#)
4. [BBC](#) - Jun 14, 2023
5. [Black Enterprise](#) - July 20, 2023
6. [BNN](#) - Feb 29, 2024
7. [Body and Soul](#)
8. [Business Insider](#) - Dec 9, 2023
9. [Business Insider](#)
10. [Business Insider](#)
11. [CBC](#) - Jun 15, 2023
12. [CNN](#) - Apr 22, 2024
13. [CMU: Presidential Perspectives](#) - Jun 26, 2023
14. [Detroit Free Press](#) - Sept 22, 2023
15. [Good Morning America](#) - Jun 6,2023
16. [Good Morning America/ABC News](#) - Jun 6, 2023
17. [Greeley Tribune](#) - Aug 11, 2023
18. [Huff Post](#) - Apr 26, 2019
19. [Inside Hook](#)
20. [KJZZ](#) - Aug 4, 2023
21. [Kpax](#)
22. [LADBible](#)
23. [Lansing City Pulse](#) - Sept 21, 2023
24. [LinkedIn Catalyst Series](#) - Nov 1, 2023
25. [Live Strong](#) -
26. [Men's Health](#)
27. [Magnolia Journal](#)
28. [New York Post](#)

29. [New York Post](#) - Jun 7, 2023
30. [New York Post Video](#)
31. [New York Times](#)
32. [New York Times](#) - Jun 2, 2023
33. [NPR](#) - Jun 22, 2023
34. [Outlier Media](#) - Oct 12, 2023
35. [Outside Mag](#) - Feb 21, 2024
36. [Outside Magazine](#) - Dec 5, 2023
37. [Popsugar](#) - Feb 29, 2024
38. [PRH House Audio](#) - Jun 13, 2023
39. [Prospect Mag](#) - Mar 5, 2024
40. Runner's World - [Jun 28, 2023](#) and again on [Dec 1, 2023](#)
41. [Runner's World](#)
42. [Runner's World Netherlands](#) - October, 2023
43. [Shondaland](#) - Jun 12, 2023
44. [Shape](#)
45. [Self](#)
46. [Tamron Hall](#) - Dec 1, 2023
47. [The Business Times](#) - Jun 4, 2023
48. [The Guardian](#) - Jul 24, 2023
49. [The Japan Times](#) - May 5, 2023
50. [The Wolf](#) - May 18, 2023
51. [USA Today](#) - Dec 14, 2023
52. [US News Health](#)
53. [Wait Wait... Don't Tell Me](#) - Sept 9, 2023
54. [Wall Street Journal](#) - Jun 10, 2023
55. [Wall Street Journal](#)
56. [Washington Post](#) - Oct 25, 2023
57. [WBUR](#) - April 11, 2024
58. [Well+Good](#)
59. [Well+Goog](#) - June 18, 2023
60. [WNYC](#) - Jun 16, 2023
61. [Women's Running](#) - Oct 23, 2023
62. [Yahoo News](#) - Jun 28, 2023

Martinus Evans/SAFRC Podcast

Appearances

Fat Joy: [E39 Running Slow AF with Martinus Evans](#)

Nutritional Revolution: [Episode 67 with Martinus Evans: 300 Pounds and Running for the Love of Running, Not Weight Loss](#)

All Bodies Outside: [#54: Book Launch - 'Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run'](#)

All Bodies Outside: [#32: Slow AF Run Club with Martinus Evans](#)

The Adversity Advantage with Doug Bopst: [From “Lose Weight or Die” To Running Marathons: The Inspiring Story of Martinus Evans](#)

Not Your Average Runner: [Ep #303: Running Slow AF with Martinus Evans](#)

Running Explained: [S3E21 The Slow Af Run Club & Creating Inclusivity in the Running Community](#)

Running is Bullshit: [#111 - Podcasting is Bullshit with Martinus Evans](#)

Let It Be Easy w/Susie Moore: [300lbs And Running with Martinus Evans](#)

Free Method Podcast: [131. Finding Joy in Your Health Journey](#)

The Terra Girls Podcast: [Martinus Evans](#)

Writing Black Joy: [From runner to writer with Martinus Evans](#)

Unboxing Humans: [Unboxing Size Inclusivity in Running with Martinus Evans](#)

For the Long Run: [Running Beyond Stereotypes: Empowering Beginner Runners with Martinus Evans](#)

Good Life Project: [How to Turn Insult into Inspiration | Martinus Evans](#)

The Big Peach Ride + Run Podcast: [Ep. 149 – The Big Peach Ride + Run Podcast with Guest Martinus Evans](#)

Realfoodology: [Running For Your Life | Martinus Evans](#)

Strong Not Starving: [Running, injury free, with the body you already have! The Slow AF Run Club w Martinus Evans](#)

The Extramilest: [How to start running when you are out of shape? With Slow AF Runner Martinus Evans](#)

The High-Performance Life Podcast: [Once You Get Momentum, You Become Unstoppable | Martinus Evans' Journey To 300 Pounds And Running](#)

Fantastical Fatty: [Rewriting the Book on Plus Size Running](#)

betterHUMAN: [Run For Your Life: Obese Man Running Marathons](#)

Eat The Rules Podcast: [ETR 267: 300 Pounds and Running with Martinus Evans](#)

The Rambling Runner Podcast: [#539 - Martinus Evans: The Slow AF Run Club](#)

Reasonably Fit: [Running Slow AF with Martinus Evans](#)

The Drop: [E163 | Martinus Evans, Slow AF Run Club](#)

The Light Watkins Show: [158: Martinus Evans on Body Positivity and Building a Thriving Community for Slow AF Runners](#)

The Light Watkins Show: [90: Martinus Evans On His Quest To Prove To His Doctor That Running A Marathon At 350 Lbs Would NOT Kill Him](#)

Train Happy: [ANYONE can Run! with Martinus Evans](#)

Burnt Toast by Virginia Sole-Smith: [Everybody Is Paying To Be in the Same Parade](#)

The Will To Change: [E272: Fitness for All, with Slow AF Run Club Founder and Author, Martinus Evans](#)

Martha Runs the World: [Ep 230 – Martinus Evans: Slow AF Run Club](#)

Life Kit/NPR: ['The biggest misconception' about running, according to a running coach](#)

Holley Fueled Nutrition Podcast: [Slow AF Run Club & Getting More People Running with Martinus Evans](#)

The Run Duo: [Episode 133 Featuring Slow AF Run Club Founder and Author Martinus Evans](#)

Food and Body Freedom: [#68 Slow AF Running with Martinus Evans](#)

The Peachtree Podcast: [The Peachtree Podcast 2023: Episode 4](#)

Goodness Exchange: [Ep 146: The Slow AF Run Club Welcomes YOU to the Back of the Pack with Martinus Evans](#)

Another Mother Runner: [Martinus Evans, Slow AF Run Club Founder + Author](#)

Kofuzi Run Club: [Martinus Evans! July 12, 2023](#)

40+ Fitness: [You're going to die – Martinus Evans shares his journey and expertise for anyone interested in running](#)

Marathon Training Academy: [Interview with Martinus Evans -Slow AF Run Club](#)

The Tanya Acker Show: [How to Make A.I. Your Friend and How Not-Friends Can Make You Greater](#)

Passion Struck: [Martinus Evans on Why You Need to Set Audacious Goals](#)

SPARC Podcast | Martinus Evans

Bad Boy Running: [Slow As F*ck Run Club - Martinus Evans](#)

Chasing Three Hours: [17. Martinus Evans](#)

Runnerd Library Podcast: [Episode 11: Slow AF Run Club author and movement founder Martinus Evans](#)

Doc on the Run: [#580 300 Pounds and Running with Slow AF Run Club founder Martinus Evans](#)

Men Unscripted Interview Martinus & Aaron

Goals, Grit, and Some Woo Woo Sh*t: [Grit: 300lbs and Running Slow AF with Martinus Evans](#)

NPR's Wait Wait, Don't Tell Me: ['Wait Wait' for September 9, 2023: With Not My Job guest Martinus Evans](#)

Frugal Friends: [How to Start Running with Martinus Evans – EP 347](#)

John O'leary Live Inspired: [300 Pounds and Running: Martinus Evans \(ep. 552\)](#)

Run to the Top Podcast | The Ultimate Guide to Running: [Building Community For Larger-Bodied Runners](#)

The MOVEMENT Movement: [Ep 214: Discover \(and Join\) the Slow AF Run Club](#)

Joga with Jake: [Martinus Evans: The Slow AF Run Club Movement. Size-Inclusivity in Running. Turning Negative and Insensitive Remarks Into Something Positive.](#)

Planted Runner: [Doctors Said He Was Too Fat To Run. He Proved Them Wrong](#)

Podcast from the most popular to least, full list

- Wait Wait... Don't Tell Me!: [WWDTM: Martinus Evans](#)
- Reasonably Fit: [Running Slow AF with Martinus Evans](#)
- Frugal Friends Podcast: [How to Start Running with Martinus Evans](#)
- Let It Be Easy with Susie Moore: [300lbs And Running with Martinus Evans](#)
- Train Happy Podcast: [ANYONE can Run! with Martinus Evans](#)
- Marathon Training Academy: [Interview with Martinus Evans -Slow AF Run Club](#)
- Not Your Average Runner, A Running Podcast: [303. Running Slow AF with Martinus Evans](#)
- Live Inspired Podcast with John O'Leary: [300 Pounds and Running: Martinus Evans \(ep. 552\)](#)
- Good Life Project: [How to Turn Insult into Inspiration | Martinus Evans](#)
- Realfoodology: [145: Running For Your Life | Martinus Evans](#)
- Holley Fueled Nutrition Podcast: [Slow AF Run Club & Getting More People Running with Martinus Evans](#)
- For The Long Run: [Exploring the Why Behind Running: 268. Running Beyond Stereotypes: Empowering Beginner Runners with Martinus Evans](#)
- Bad Boy Running: [Ep 500 | Slow As F*ck Run Club - Martinus Evans](#)
- The Stacking Benjamins Show: [Running Slow AF Toward Your \(Big\) Goals \(with Martinus Evans\)](#)
- Passion Struck with John R. Miles: [Martinus Evans on Why You Need to Set Audacious Goals EP 357](#)
- The Adversity Advantage with Doug Bopst: [From "Lose Weight or Die" To Running Marathons: The Inspiring Story of Martinus Evans](#)
- The Light Watkins Show: [158: Martinus Evans on Body Positivity and Building a Thriving Community for Slow AF Runners](#)
- 40+ Fitness Podcast: [You're going to die - Martinus Evans shares his journey and expertise for anyone interested in running](#)
- Strong Not Starving: [Running, injury free, with the body you already have! The Slow AF Run Club w Martinus Evans](#)
- The Extramilest Podcast: [#65: How to start running when you're out of shape? With Slow AF Runner Martinus Evans](#)
- The Running Explained Podcast: [s3/e21 The Slow AF Run Club & Creating Inclusivity in the Running Community with Martinus Evans \(@300poundsandrunning | @runslowaf\)](#)
- Martha Runs the World Podcast: [Martinus Evans - The Slow AF Run Club!](#)

- Rise and Run: 88: [Author Martinus Evans and the Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run](#)
 - Rise and Run:47: [300 Pounds and Running with Martinus Evans and 2023 runDisney Marathon Weekend Medals](#)
 - Food and Body Freedom: [Slow AF Running with Martinus Evans](#)
 - Doc On The Run Podcast: [300 Pounds and Running with Slow AF Run Club founder Martinus Evans](#)
 - Eat the Rules with Summer Innanen: [#267: 300 Pounds and Running with Martinus Evans](#)
 - One Real Good Thing with Ellie Krieger: [Move to Celebrate What Your Body Can Do with Martinus Evans](#)
 - How to: Fitness: [3 | Exploring Fatphobia and Breaking Barriers in the Running World with Martinus Evans](#)
 - The Current: [Meet Martinus Evans, the 300-pound marathon runner](#)
 - The Light Watkins Show: [90: Martinus Evans On His Quest To Prove To His Doctor That Running A Marathon At 350 Lbs Would NOT Kill Him](#)
 - 80/20 Endurance: [Martinus Evans: Slow AF](#)
 - The Will To Change: Uncovering True Stories of Diversity & Inclusion: [E272: Fitness for All, with Slow AF Run Club Founder and Author, Martinus Evans](#)
 - Kofuzi Run Club: [Martinus Evans! July 12, 2023](#)
 - The Unburdened Leader: [EP 46: Leading from Enoughness with Martinus Evans](#)
 - Running is BS: [#111 - Podcasting is Bullshit with Martinus Evans](#)
-
- The Rambling Runner Podcast: [#539 - Martinus Evans: The Slow AF Run Club](#)
 - The Drop: [163 | Martinus Evans, Slow AF Run Club](#)
 - Another Mother Runner: [Martinus Evans, Slow AF Run Club Founder + Author](#)
 - The Running for Real Podcast: Martinus Evans: [Our Lives Don't Depend on What Place We Finish the Race - R4R 353](#)
 - Conspiracy of Goodness Podcast: [146. The Slow AF Run Club Welcomes YOU to the Back of the Pack with Martinus Evans](#)
 - The Run Duo Podcast: [Episode 133 Featuring Slow AF Run Club Founder and Author Martinus Evans](#)
 - Real Health Radio: [199: 300 Pounds and Running with Martinus Evans](#)
 - Nutritional Revolution Podcast: [Episode 67 with Martinus Evans: 300 Pounds and Running for the Love of Running, Not Weight Loss](#)
 - All Of It: [The Ultimate Guide for Anyone Who Wants to Run](#)
 - Life Kit: [How to start running in the body you have](#)
 - KQED's [Forum: In the "Slow AF" Running Club, Anyone Can Be A Runner](#)
 - Life Kit: Health: [Ready to get running? A starter guide](#)
 - Apple News In Conversation: [The secret to finding joy in running](#)
 - Free Method Podcast: [131. Finding Joy in Your Health Journey](#)
 - Mastering the Mind Podcast: ['Lose weight or die': Martinus Evans on becoming a running coach](#)
 - Go Love Yourself: [S4 Ep18: Being at the Back of the Pack](#)
 - Life Kit: [Ready to get running? A starter guide](#)
 - Beyond The Mirror: [E008 - Martinus Evans: Every Body Is A Running Body](#)
 - Fat Joy with Sophia Apostol: [Running Slow AF -- Martinus Evans](#)
 - Writing Black Joy: [From runner to writer with Martinus Evans](#)
 - Diet Culture Rebel Podcast: [Getting Active for the Joy of It, Instead of the Need to Control Your](#)

Body Size

- Kim Komando Today: [Fake doggy DNA tests, Google's Bard mistake & deepfake art clues](#)
 - What Works: [EP 270: Building A Brand That Defies Stereotypes With 300 Pounds And Running Host Martinus Evans](#)
 - Marathon Training Academy: [Finding Community in the Running Space](#)
 - Burnt Toast by Virginia Sole-Smith: [Everybody Is Paying To Be in the Same Parade](#)
 - Make Me Smart: [The real story behind the red-blue hiring divide](#)
 - The Common: [Slow runner? Join the club!](#)
 - The Running for Real Podcast: [Together Run 86 with Tina: 30, 45, 60 Minute Run](#)
 - Run to the Top Podcast | The Ultimate Guide to Running: [Building Community For Larger-Bodied Runners](#)
 - Off The Couch: [Martinus Evans, 300 Pounds & Running](#)
 - #RunPainFree Podcast: [🎧 Martinus Evans: A Letter From The Back Of The Pack 🏃 🏃](#)
 - The MOVEMENT Movement: [Episode 214: Discover \(and Join\) the Slow AF Run Club](#)
 - The Planted Runner: [Doctors Said He Was Too Fat To Run. He Proved Them Wrong](#)
 - Running Tales: [Martinus Evans: Slow AF Run Club founder on how he overcame prejudice to become a marathon man](#)
 - A Lot To Talk About: [Martinus Evans Is 300 Pounds & Running!](#)
 - Diet Culture Rebel Podcast: [How Movement Can Help You Heal Your Food Relationship with Barb Puzanovova](#)
-
- The Intentional Well-Being Podcast with Dianne Bondy: [S1E22. Changing the Narrative and Cultivating Joy with Martinus Evans](#)
 - Burnt Toast by Virginia Sole-Smith: ["We Have Only Recently Acknowledged That Female Athletes Need to Eat."](#)
 - Burnt Toast by Virginia Sole-Smith: ["You Don't Have to Be Bleeding, You Could Just Not Want to Exercise."](#)
 - The Will To Change: Uncovering True Stories of Diversity & Inclusion: [E305: Will to Change Special Edition: Uplifting Black Voices](#)
 - Marathon Training Academy: [Book Talk! Our Favorite Reads from 2023](#)
 - Rise and Run: 95: [Training tips with runDisney's Jeff Galloway](#)
 - The Big Peach Ride + Run Podcast: [Ep. 149 - The Big Peach Ride + Run Podcast With Martinus Evans](#)
 - Rise and Run: 94: [Running Camden County - One Street at a Time](#)
 - Rise and Run: 91: [Experiencing runDisney with a VIP \(Visually Impaired Person\)](#)
 - Truth In This Art Podcast - Your Source for Conversations with Artists, Innovators & Cultural Leaders: Running Beyond Limits: [Martinus Evans' Journey from Defiance to Eight Marathons](#)
 - #RunPainFree Podcast: [🎧 Martinus Evans: Why Slow, Back Of The Pack Runners Deserve Your Respect!](#)
 - The Terra Girls Podcast: [Martinus Evans](#)
 - Chasing Three Hours: [17. Martinus Evans](#)
 - The SPARC Podcast: [E56: Martinus Evans](#)
 - Jim Leach - Interviews: [Martinus Evans 060823](#)
 - Rise and Run: 89: [Runner Safety and Self Defense featuring GoGuarded](#)
 - XL Tribesmen: [S4 E4 Slow, Fat & Back Of The Pack With Martinus Evans](#)
 - Unboxing Humans: [Unboxing Size Inclusivity in Running with Martinus Evans](#)
 - Goals, Grit, and Some Woo Woo Sh*t: Grit: [300lbs and Running Slow AF with Martinus Evans](#)

- betterHUMAN Podcast: [The 300 Pound Marathon Runner with Martinus Evans](#)
 - Studio 2: [Slow AF Run Club, Kingsessing Shooting, Dinosaurs in Pop Culture](#)
 - This Is the Author: [S8 E23: Stephanie McNeal, Martinus Evans, and Jennifer Ackerman](#)
 - Tiff in the Morning: [BookTok Interview w/ Martinus Evans "Slow AF Run Club"](#)
 - All Bodies Outside: [#32: Slow AF Run Club with Martinus Evans](#)
 - Runnerd Library Podcast: [Episode 11: Slow AF Run Club author and movement founder Martinus Evans](#)
 - Grounded with Dinée Dorame: [Episode 9 - Latoya Shauntay Snell, Endurance Athlete & Food/Fitness Blogger](#)
 - Plus Mommy Podcast: [The Journey To 300 Pounds And Running With Martinus Evans | 147](#)
 - SHINE ON! Kacey's Health & Happiness Show: [Yes, you can.](#)
 - The High Performance Life: [Once You Get Momentum, You Become Unstoppable | Martinus Evans' Journey To 300 Pounds And Running](#)
 - The Morning X with Barnes & Leslie: [Slow AF Run Club](#)
 - Love Your Bod Pod: [#112 How to Be Active & Pursue Health Without the Pressure of Weight Loss with Martinus Evans @300poundsandrunning](#)
 - Yoga With Jake Podcast: [Martinus Evans: The Slow AF Run Club Movement. Size-Inclusivity in Running. Turning Negative and Insensitive Remarks Into Something Positive.](#)
 - The Lisa Wexler Show: [Anyone Can Run! Martinus Evans, Founder of the SLOW AF RUN CLUB](#)
 - Running Fat Chef: [Education, Community Building + Mental Health with Martinus Evans](#)
 - Shitty Idea Time: a celebration of bold business experiments: [Decolonizing fitness by running Slow AF, with Martinus Evans](#)
-
- Where Do You RunWell? Podcast: [Episode 9 - Lose Weight or Die](#)
 - The Mountain Life: [The Mountain Life | June 14, 2023](#)
 - Fat Joy with Sophia Apostol: [Making Plus Equal -- Andrea Kelly](#)
 - The Peachtree Podcast: The Official Podcast of the AJC Peachtree Road Race: [The Peachtree Podcast 2023: Episode 4](#)
 - Next Simple Step: [Fit At Any Size... Next Simple Step](#)
 - What Works: [EP 267: Leveling Up With Customer Feedback with Mighty Networks Gina Bianchini](#)
 - Closer Look with Rose Scott: [Cop City Vote Coalition's petition referendum, lawsuit: Atlanta's updated curfew penalties; Former football player discusses body positivity, new book](#)
 - Sunday Morning Magazine with Rodney Lear: [Health & Fitness Show Martinus Evans Segment #5 \(July 17, 2023\)](#)
 - Gorda Tú: [152 - Un maratón con 300 libras](#)
 - On the Move: [Episode 3 - LIVE Finding Your Running Community with Lindsey Hein, Martinus Evans, Cynthia Vissers, Trevor Spencer, and Lisa Mitro](#)
 - Passion Struck with John R. Miles: [Why We All Crave to Matter: Exploring the Power of Mattering w/John R. Miles EP 356](#)
 - Fantastical Fatty Podcast: [Rewriting the Book on Plus Size Running](#)
 - Mindful Elevation: [Body Neutrality and Movement with Kim Hollister](#)
 - Viewpoints Radio: ["You Need To Lose Weight Or You're Going To Die": What One Man Did Next](#)
 - The Tanya Acker Show: [How to Make A.I. Your Friend and How Not-Friends Can Make You Greater](#)
 - All Bodies Outside: [#54: Book Launch - 'Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run'](#)

- Passion Struck with John R. Miles: [Katie Horwitch on How You Shift the Narrative of Self-Talk EP 355](#)
- Pain-Free Athlete's Podcast: [Book Review: Laughter and Lessons from The Slow AF Run Club](#)
- Nutrition For Mortals: [Nutrition On Social Media \(Navigating The Chaos\)](#)
- The Last Tenth Podcast: [E10: To be Human, To be Black, Latoya Shauntay Snell](#)
- The Gaslit Fattie: [Representation in Outdoor Spaces, Fat Liberation, and F*cking the Patriarchy w/Rachael Gareri](#)
- Run Local Pod: [Martinus Evans: 300lbs & Running and Slow AF Run Club](#)
- Larger Living Podcast: [#4 Two truths and a lie with Ragen Chastain](#)
- Ordinary Marathoner: [Podcast #278 – Team Ordinary, NFL Drama, Martinus' Video and Brittany Runs a Marathon](#)
- Larger Living Podcast: [#4.5 Übersetzung Ragen Chastain](#)
- The Fat Doctor Podcast: [What Is Weight Stigma? \(With Ragen Chastain\)](#)
- Ordinary Marathoner: [Podcast #22 – Martinus Evans](#)
- Run Eat Repeat: [300 pounds and Running podcast Letter to Race Directors](#)
- Ordinary Marathoner: [Podcast #103 – Martinus Evans](#)
- Not Your Average Runner, A Running Podcast: [18. Challenging Perceptions with Latoya Shauntay Snell and Martinus Evans](#)
- Fit Dad Nation: [031 - 300 Pounds and Running with Martinus Evans](#)
- Behind The Wheel Podcast: [Martinus Evans](#)
- Tips Of The Scale with Sam Lomeli: [115: Martinus Evans Turned Anger into Accomplishment](#)
- Runner of a Certain Age Podcast: [Runner of a Certain Age Podcast Episode 103](#)
- RunBuzz Running Podcast: [RB60: Martinus Evans – 300 Pounds And Running](#)

Youtube

Creative Mornings: [Martinus Evans](#)

The Drop: [E163 | Martinus Evans, Slow AF Run Club](#)

New York Road Runner: [Slow AF Run Club Book Launch at NYRR RUNCENTER](#)

Kofuzi Run Club: [Martinus Evans Live! July 12, 2023](#)

The Extramilest: [How to start running when you are out of shape? With Slow AF Runner Martinus Evans](#)

Tamron Hall: [He Was 350 Pounds, Now He Just Finished His 8th Marathon](#)

New York Post: ['Fat Runner' Not Trying To Lose Weight | Extraordinary People | New York Post](#)

Nutritional Revolution: [Episode 67 with Martinus Evans: 300 Pounds and Running for the Love of Running, Not Weight Loss](#)

The Light Watkins Show: [How To Exercise In Spite Of Depression | Martinus Evans & Light Watkins #podcast](#)

The Light Watkins Show: [Why You Should BE ACTIVE Regardless Of Your WEIGHT | Martinus Evans & Light Watkins \(Full episode\)](#)

The Rambling Runner Podcast: [5 Running Shoe Questions: Martinus Evans](#)

Creative Mornings: [CreativeMornings/NewYork Presents: Martinus Evans on Movement \[Livestream\]](#)

The Stacking Benjamins Show: [Running Slow AF Toward Your \(Big\) Goals \(with Martinus Evans\)](#)

CBS Detroit: [Man given grim diagnosis turns to running to save his life](#)

KPAX-TV: ["Slow Af Run Club" author shares his journey to start running marathons across the nation](#)
Ordinary Marathoner: [Podcast #103 – Martinus Evans](#)
Passion Struck: [Breaking Barriers: Martinus Evans' Inspiring Run to Success](#)
40+ Fitness: [Martinus Evans - How to get started](#)
WTNH News8: [Former 300 lb. man runs to a healthier lifestyle](#)
The High-Performance Life Podcast: [You Just Need Momentum. Then You Can Do Anything. | Martinus Evans Journey to 300 Pounds and Running](#)
WBUR CitySpace: [Slow AF Run Club: Martinus Evans on empowering anyone who wants to run](#)
Run Local Pod: [Run Local Pod - Episode 3: Martinus Evans](#)
Running Tales: Martinus Evans: ["What would a world look like if you could run?"](#)
The Running for Real Podcast: [Martinus Evans: Our Lives Don't Depend on What Place We Finish the Race - R4R 353](#)
Real Health Radio (Seven HEalth): [Real Health Radio 199: 300 Pounds and Running with Martinus Evans](#)
Frugal Friends: [How to Start Running with Martinus Evans](#)
For the Long Run: [268. Running Beyond Stereotypes: Empowering Beginner Runners with Martinus Evans](#)
Ordinary Marathoner: [Podcast #278: Team Ordinary, Martinus Evans, Brittany Runs A Marathon](#)
Eat the Rules with Summer Inanen: [ETR #267: 300 Pounds and Running with Martinus Evans](#)
The Fit Dad Nation: [031 - 300 Pounds and Running with Martinus Evans](#)
Atlanta Track Club: [Runners Who Read | Live Book Talk With Martinus Evans, Author of "Slow AF Run Club"](#)
Running Tales: [FULL EPISODE - Martinus Evans: Slow AF Run Club founder overcame prejudice to run eight marathons](#)
A lot to talk about: [Ep050 - Martinus Evans Is 300 Pounds & Running!](#)
Indiana in the Morning: [Indiana In The Morning Interview: Martinus Evans \(6-30-23\)](#)
The MOVEMENT Movement: [Ep 214: Discover \(and Join\) the Slow AF Run Club](#)
Fat Joy: [E39 Running Slow AF with Martinus Evans](#)
WGN News: [Slow Run Club](#)
Shitty Idea Time/Tessa Ball: [Decolonizing fitness by running Slow AF, with Martinus Evans](#)
Not Your Average Runner: [Ep #18: Challenging Perceptions with Latoya Shauntay Snell and Martinus Evans](#)
Sports Team 8: [300 Pounds and Running](#)
Running is Bullshit: [#111 - Podcasting is Bullshit with Martinus Evans](#)

John O'leary Live Inspired: [300 Pounds and Running: Martinus Evans \(ep. 552\)](#)
Fantastical Fatty: [Rewriting the Book on Plus Size Running with Martinus Evans](#)
All Bodies Outside: [#54: Book Launch - 'Slow AF Run Club: The Ultimate Guide for Anyone Who Wants to Run'](#)
All Bodies Outside: [#32: Slow AF Run Club with Martinus Evans](#)
betterHUMAN: [Run For Your Life: Obese Man Running Marathons](#)
Eat the RuleS: [ETR 267: 300 Pounds and Running with Martinus Evans](#)
Goodness Exchange: [Ep 146: The Slow AF Run Club Welcomes YOU to the Back of the Pack with Martinus Evans](#)
The Tanya Acker Show: [How to Make A.I. Your Friend and How Not-Friends Can Make You Greater](#)
KSBW Action News 8: [Two runners bring different stories to the Big Sur International Marathon](#)

Truth In This Art Podcast: [Running Beyond Limits: Martinus Evans' Journey from Defiance to Eight Marathons #slowafclub](#)
Unboxing Humans: [Unboxing Size Inclusivity in Running with Martinus Evans](#)
XL Tribe: [S4 E4 Slow, Fat & Back Of The Pack With Martinus Evans](#)
Love your Bod Pod: [\[Ep 112\] Pursue Health w/o the Pressure of Weight Loss w/Martinus Evans aka 300 Pounds & Running](#)
The Morning X: [Slow AF Run Club | The Morning X with Barnes & Leslie](#)
WNEM TV5: [CMU alum creates club for slow runners](#)
Adidas Korea: [adidas | 지금 러닝에게 필요한 건 너뿐이야 –Martinus Evans | Impossible is nothing](#)

The Intentional Well-Being Podcast: [Changing the Narrative & Cultivating Joy \(Ep.22\)](#)

Falmouth Road Race, Inc.: [Martinus Evans, author of the Slow AF Run Club and motivational speaker](#)
Gorda Tu: [152 - Un maratón con 300 libras](#)
XL Tribe: [The Trauma From Finding A Therapist](#)
Adidas: [Τα ολοκαίνουρια adidas SL20 running shoes είναι στα Nespo Athletics](#)
Life Kit, NPR: [Ready to get running? A starter guide | Life kit](#)
Sports Backers, On the Move: [OTM Ep 3 - LIVE with Lindsey Hein, Martinus Evans, Cynthia Vissers, Trevor Spencer, and Lisa Mitro](#)
Goals, Grit...: [Episode 21: Grit: 300lbs and running slow AF with Martinus Evans](#)
The Kim Komando Show: [Fake doggy DNA tests, Google's Bard mistake & deepfake art clues](#)
Big Fat Gay Pod: [Episode 114: The Knobgoblins](#)
Goodness Exchange: [3 WAYS to Keep Your Mental Chatter in Check](#)
(no) 🏆 [Martinus Evans: dik, maar liefst 8 marathons 🤖 onder de riem!! 🍌 LEKKER DRAVEN](#)
Adidas: [adidas futócipő](#)
Adidas: [Ανακάλυψε στα NESPO Athletics τα ολοκαίνουρια adidas SL20 running shoes!](#)
Adidas: [Βρες στα NESPO τα ολοκαίνουρια adidas running shoes SL20 με τεχνολογία Lightstrike!](#)
Adidas: [Вдъхновяващата кампания Faster Than на adidas придава ново значение на бързината](#)
Sports Team 8: [300 Pounds and Running.com's Martinus Evans on SportzEdge Tonight](#)
Google Playbooks: [Slow AF Run Club: The Ultimate Guide for Anyone... by Martinus Evans · Audiobook preview](#)
40+ Fitness: [Martinus Evans - Considerations to look into before getting started in running](#)

Youtube shorts:

betterHUMAN: [F*** Your Excuses](#)
The High-Performance Life Podcast: [You Just Need Momentum. Then You Become Unstoppable | Martinus Evans](#)
Fat Joy: [Talking about the joy of running \(with no diet talk\)](#)
Fat Joy: [Being heckled, "You're slow! Go home!"](#)
Kofuzi: [What shoes does Martinus Evans like?](#)
Conspiracy of Goodness Podcast: [Are YOU Slow AF? 🏃](#)
Let it be Easy: [Martinus Evans "...and then I cried"](#)
The High-Performance Life Podcast: [300 Pounds and Running | Martinus Evans \(Full Episode Out Now!\)](#)

Conspiracy of Goodness Podcast: [Most "Races" Don't Matter](#) 🧑

Conspiracy of Goodness Podcast: [The Truth About Diets](#) 🍬

Let it be Easy: [Doing hard things gives you clout to do harder things... its about THIS!](#)

Let it be Easy: [For other people, it may look like you are delusional...](#)

Let it be Easy: [Let's celebrate! \(It's not what you think\)](#)

Let it be Easy: [The world profits off this....](#)

Let it be Easy: [Do you feel alone? There's people out there FOR YOU!](#) ❤️

Let it be Easy: [You never know what's on the other side...](#)